

Brainspotting: A Neuroexperiential Process for Healing and Expansion

This keynote explores how Brainspotting approaches the human system from a different perspective than most other therapies. This keynote proposes the Neuroexperiential Model as it organically goes beyond the historical Psychology Model by first approaching the brain-body systems and then attuning to the rising subsequent human experience. Brainspotting directly engages the Neuroexperiential both in identifying systemic trauma, followed by expanding out of the trauma.